

Meatloaf

Recipe by Chef Marvin Woods

Yield: Makes 8 servings

Ingredients

2 tablespoon olive oil
1 onion, finely chopped
1 rib celery, finely chopped
2 cloves garlic, minced
1/2 cup finely chopped scallions (green onions)
1/3 cup milk
1/2 cup ketchup
2 teaspoon salt
1 1/2 teaspoon freshly ground black pepper
1 teaspoon hot sauce
2 teaspoon Dijon mustard
1tablespoon balsamic vinegar
1 1/2 pounds of ground turkey
1/2 pound ground pork
1/2 pound lean ground beef
2 eggs whites, beaten
1 cup oatmeal

For the Glaze:

1 tablespoon dark molasses
1 tablespoon Dijon mustard
2 tbsp ketchup

Instructions:

Preheat oven to 350 degrees F.

1. In a large pan cook the onions, garlic, celery, and scallions in olive oil over medium heat for about 5 minutes or until the onions soften. Remove from heat, mix in the remaining ingredients except for the meat.
2. In a large bowl, combine the meat, vegetable mixture, eggs, and oatmeal. Form into a loaf-shape, about 4-inches high, and put into a baking pan. Mix the molasses, mustard and ketchup in a small bowl and spread evenly over the meatloaf. Bake the meatloaf in oven for 1 hour, or until the internal temperature reaches 170 degrees F.

Let rest for 15 minutes before serving.



Total Nutrition Facts (per serving)

Calories:	384.2
Total Fat	22.4g
Saturated Fat	6.5g
Trans Fat	0.3g
Cholesterol	105mg
Sodium	987.1mg
Total Carb.	17.3g
Dietary Fiber	1.7g
Sugars	7.4g
Protein	28.5g